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Boy oh boy!

JOHN STILLWELL/POOL/THE ASSOCIATED PRESS

Royals. Party atmosphere hits London with the eagerly awaited birth of a new prince

Champagne bottles popped and shouts of "Hip! Hip! Hooray!" erupted at Buckingham Palace on Monday as Britain welcomed the birth of William and Kate's first child, a boy who is now third in line to the British throne.

Hundreds of Britons and tourists broke into song and dance outside the palace as officials announced that the future king was born at 4:24 p.m., weighing eight pounds, six ounces, at central London's St. Mary's Hospital — the same place where William and his brother Harry were born three decades ago.

The imminent arrival of the royal baby was the subject of endless speculation on social media and was covered for days on live television around the world, but in the end the Royal Family managed to keep it a remarkably private affair. In line with royal tradition, a terse statement announced only the time of birth, the infant's gender and that mother and child were doing well. It gave no information about the baby's name, and officials would say only that a name would be announced "in due course."

"Her Royal Highness and her child are both doing well and will remain in hospital overnight," the statement said. William also issued a brief statement, saying "we could not be happier."

Officials said William, who was by his wife's side during the birth, would also spend the night in the hospital.

London's landmarks, including the London Eye, lit up in the national colours of red, white and blue, and the city had a party atmosphere unmatched since last summer's Olympics.

A large crowd rushed against the Buckingham Palace fences to catch a glimpse of an ornate, gilded easel displaying a small bulletin formally announcing the news.

The framed sheet of paper became the target of a thousand camera flashes as people thrust their smartphones through the railings. Some waved Union Jack flags and partied in the streets to celebrate. THE ASSOCIATED PRESS

MORE COVERAGE, PAGE 4

This sugar may not go down easy

When it comes to the sweet stuff, are you better off with real sugar? Artificial substitutes? Natural alternatives? They all have their drawbacks PAGE 11

Grab that console and get your game face on

Electronic-sport players are now eligible for athlete visas in the U.S. PAGE 7

Chinese quake kills dozens

A temblor in the country's northwest triggers landslides and lays waste to homes PAGE 5

On enemy turf, by invitation

Representatives of the Riders and the city got the grand tour of the Blue Bombers' new home PAGE 3

NEWS 1

City mulls referendum on financing wastewater treatment plant

About-face. More than 200 people jammed council meeting to have their say

ALYSSA MCDONALD
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City council has abruptly changed course on its planned wastewater treatment plant, with Mayor Michael Fougere pushing for a referendum on the facility's financing model.

Council hadn't made a final decision by press time, following a motion by Fougere at a special meeting on Monday to put the involvement of a private-sector firm to a public vote after a city clerk found the Regina Water Watch citizen's group's petition on the matter to be invalid.

"I feel very comfortable saying that this is one of these very rare options when a referendum is required," Fougere said at a city hall press conference before the meeting, referring to the number of phone calls and emails he had received.

"Notwithstanding the petition was insufficient, that still is a great reflection of the number of people who actually want to have a say in the matter."

Regina Water Watch spokesman Jim Holmes said he is pleased with the decision, but added he remains worried about the fairness of the referendum.

"I think the key thing now is what is the question going to be," Holmes said, noting that the referendum would be based on a yes-or-no question.

"We need to be careful. We have been blindsided and ambushed so many times now … if it's a slanted question, then we have a real problem."

More than 200 people jammed the chamber to hear the motion at the lively meeting, where 21 delegates spoke about a need for democracy.

If approved, the referendum would give the public a say on whether the more than $220-million wastewater plant would be built and run only by the city, or if it will involve a private company's management.

More online

For the latest on this story, visit metronews.ca.

Regina Water Watch spokesman Jim Holmes speaks to Mayor Michael Fougere and councillors on Monday as one of the 21 delegates at a special meeting at city hall. ALYSSA MCDONALD/METRO

NDP urges Wall to pass Senate abolition resolution

Cam Broten wants Brad Wall to introduce a motion calling for the abolition of the Senate.
MORGAN MODJESKI/METRO IN SASKATOON

The governing Saskatchewan Party should heed the results of an internal referendum and pass a resolution in the provincial legislature calling for the abolition of the Senate, the Opposition New Democrats said on Monday.

"The Saskatchewan Party has finally come around to the long-standing NDP position that the Senate should be abolished," NDP Leader Cam Broten told Metro. "What we need to see here from the premier is a concrete plan and clear action."

Broten said a resolution would "get the ball rolling" on abolition, and he urged Premier Brad Wall to push the issue aggressively at the Council of the Federation meeting in southern Ontario this week.

"We have an opportunity here in terms of discussing with other provinces and premiers our position and getting support," he said.

Last week, a report citing unnamed sources claimed that the Saskatchewan Party government will bring forward a resolution on abolishing the Senate during the coming fall session.

However, the premier's office quickly refuted the story, with spokeswoman Karen Hill telling Metro that the government caucus hasn't made a decision on a resolution.

Broten said the affair shows the government is "waffling" on the issue, even after the Saskatchewan Party's recent referendum found 86 per cent of its members in support of calling for the Senate to be punted.

He's pressing Wall to come forward with a clear plan to abolish the upper chamber.

"We need to see a walk that matches the talk," Broten said. "There needs to be a pledge that, legislatively, we're going to do all that we can."

Despite the stern talk from Saskatchewan politicians, the road map to abolition remains murky. The Constitution requires at least seven provinces, and at least 50 per cent of Canada's population, to approve any consequential changes to the Senate.

MARCO VIGLIOTTI/METRO

Call for volunteers

SGI pilot project to monitor motorcycles

Saskatchewan Government Insurance (SGI) has 215 volunteers lined up for a voluntary usage-based insurance pilot project that could see about 1,000 electronic monitoring devices attached to motorcycles across the province.

"There's evidence to suggest that usage-based insurance actually changes driving behaviour and leads to safer driving — or riding, in the case of motorcycles," said Kim Hambleton, manager of communications with SGI.

With the pilot, SGI wants to find out if it's feasible to launch an insurance program for motorcycles that will potentially reduce injuries while ensuring safe riders pay less.

But some motorcycle enthusiasts are not convinced the project will be effective.

"With age, you get more responsible — most of us," said Gerry Svoboda. "Who is actually going to be using the monitors? Well, if it's just us older, more mature, more experienced riders … that's not going to give a true reflection," he said.

Others are on board, such as Cody Jordison of Lumsden, a member of the SGI Motorcycle Review Committee and the first rider equipped with one of the six devices on the roads so far.

"It's beneficial for new riders," Jordison said. "The majority of crashes — like 60 per cent of all crashes — happen to riders in their first six months to one year of riding … so if you can create that sense of accountability, people will think twice in their first six months if they know they're being watched."

SGI said that the devices are being rolled out as quickly as they can be installed. The Crown corporation is seeking about 800 volunteers for the project.

MORGAN MODJESKI/METRO IN SASKATOON

Roughriders, City of Regina peruse Blue Bombers' turf

CFL. Administrators with Regina's city hall and the Roughriders take a close-up look at Winnipeg's new home for the Blue Bombers to gain planning and construction insights

ROSS ROMANIUK
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The Saskatchewan Roughriders and Winnipeg Blue Bombers — and fans of the respective teams — might not always appreciate those wearing the other colours.

But brass of the Blue Bombers have rolled out the welcome mat for representatives of the Riders and the City of Regina to give them an up-close view of Winnipeg's new CFL stadium and its initial operations.

Three Regina municipal administrators and a Roughriders representative were among a Queen City delegation that inspected Investors Group Field on Friday, while the 33,500-seat stadium was filled that night with Bombers fans for a game against the Toronto Argonauts.

Winnipeg's Investors Group Field, the new home of the CFL's Blue Bombers, was checked out thoroughly on Friday by City of Regina and Saskatchewan Roughriders staff for insights into stadium planning and management. CONTRIBUTED/CHRISD.CA

Quoted

"One of the things we learned there is it's important to involve the football club early."

Brent Sjoberg, the City of Regina's deputy manager and chief financial officer, on visiting Investors Group Field in Winnipeg.

"It's a nice facility," Brent Sjoberg, the City of Regina's deputy manager and chief financial officer, said on Monday of the newly opened facility at the University of Manitoba's Fort Garry campus.

"The Bombers were kind enough to tour us around."

The Regina visitors, including a private consultant, made the trip to ensure they're on the right track in their planning for the similarly-sized complex to replace Mosaic Stadium by 2017.

It makes sense, Sjoberg explained, "to see how things are going there, and see if there's anything we can learn for our project."

What the group — including Rod Schmidt, Regina's city manager of stadium development, and Jamie Hanson, the city's manager of facilities — examined were transportation processes for the thousands of people arriving and leaving, and what Sjoberg called the "back-of-house stuff" critical to management of a multi-use complex.

"Operationally, there's a whole ton of things that go on behind the scenes — whether it's the loading dock, some of the multi-use spaces and making sure they work for the groups that are going to use them, and how to make them flexible," Sjoberg said.

"One of the things we learned there is it's important to involve the football club early, but in our case we had already done that."

Art school opening in city's Cathedral area

Owner Carla Lorence at the newly renovated Cathedral Art School studio space on Albert Street. ALYSSA MCDONALD/METRO

A new art school and studio is getting ready to open its doors in the coming weeks with kids and adult classes for all levels of ability.

Cathedral Art School owner Carla Lorence said that although there are places to take art classes in Regina, this will be the first dedicated school and studio in the Queen City.

"As far as I know, this is the only all-encompassing sort of a little bit of everything art school," said Lorence, who has taught art in the school system for the past 11 years.

"Pottery, ceramics and most of the three-dimensional art was definitely lacking (in classes), and there was nothing being offered."

The newly renovated 700-square-foot open-space studio on Albert Street has two sections — one with tables for drawing and painting, and an area for three-dimensional art with pottery wheels.

The studio will also serve as a space for artists in the community.

"To have (your) own studio or a place to go to work is a big thing," Lorence said.

"Just being able to offer a place for people to go and work, use the space and not have to pay six to seven hundred dollars to rent a space all the time."

The school will begin on Sept. 9, but is opening its fall registration on Aug. 1.

Artists' workshops will be held to educate about the processes behind various pieces.

"(I wanted to) be able to see what other artists in the community are doing," Lorence said, "and to be able to showcase them and their work."

ALYSSA MCDONALD/METRO

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Bittersweet. Norwegian woman who made rape claim pardoned by Dubai

With her passport back in hand, a Norwegian woman at the centre of a Dubai rape claim dispute said Monday that officials dropped her 16-month sentence for having sex outside marriage in the latest clash between the city's Islamic-based legal codes and its international branding as a Western-friendly haven.

Dubai authorities hope the pardon of the 24-year-old woman will allow them to sidestep another potentially embarrassing blow to the city's heavily promoted image as a forward-looking model of luxury, excess and cross-cultural understanding.

"I am very, very happy," Marte Deborah Dalelv told The Associated Press after she was cleared by the order of Dubai's ruler. "I am overjoyed."

But the case points to wider issues embedded in the rapid rise of Gulf centres such as Dubai and Qatar's capital of Doha, host of the 2022 World Cup. These cities' cosmopolitan ambitions are often at odds with the tug of traditional views on sex and alcohol.

THE ASSOCIATED PRESS

Culture clash

Both alcohol consumption without a proper licence and sex outside marriage are outlawed, but the rules are difficult to enforce and generally only become an issue if authorities are alerted.

- Most foreign residents and visitors coast through Dubai's tolerant lifestyle. Women in full Islamic coverings shop alongside others in miniskirts, and liquor flows at resorts and restaurants.
- Yet once authorities determine a legal line has been crossed, it's often difficult for the suspects.
- Nowhere in the region are the two sides more in potential conflict than in Dubai, where the expatriate workforce outnumbers locals 5-to-1.

We're all in the same train

Train passengers and railway staff push a train car in their effort to rescue a woman who fell between the car and the platform while getting off at a station in Saitama, near Tokyo, on Monday. The unnamed woman in her 30s was pulled out uninjured to applause from onlookers. NORIHIRO SHIGETA/YOMIURI SHIMBUN/THE ASSOCIATED PRESS

Royal fans wait outside St Mary's Hospital on Monday in London. When the baby's birth was announced, they were seen on their feet, cheering and dancing. The child is third in line to the British throne. PETER MACDIARMID/GETTY IMAGES

Canadians welcome the prince of pomp

Royal birth. Prime minister, Governor General congratulate Will & Kate as admirers await new arrival's name

Canadians greeted their likely future king with a flurry of congratulations on Monday, but the long-awaited announcement of the prince's birth didn't seem to spark the same frenzy that surrounded his parents' wedding.

The country's political leaders were quick to send good wishes, with many issuing statements shortly after Clarence House officially announced that the Duchess of Cambridge had delivered a son.

Prime Minister Stephen Harper hailed the arrival of "a future sovereign of Canada," calling it a "highly anticipated moment for Canadians given the special and warm relationship that we share with our Royal Family."

Gov.-Gen. David Johnston also congratulated Prince William and his wife Kate, saying that as a father of five, he knows well "the elation that a new arrival brings to a young family."

Even those opposed to the monarchy welcomed the prince's arrival.

Tom Freda, director of the organization Citizens for a Canadian Republic, said any news involving the Royal Family renews the debate over the relevance of a monarchist system, "and debate is good."

Several national landmarks — including the CN Tower, Niagara Falls and Parliament's centre block — were set to shine blue Monday night in honour of the newborn prince.

Anticipation surrounding the royal baby had been building in recent days, but even royal-watchers recognized it hasn't rivalled the near-obsessive excitement that ushered in the royal wedding two years ago.

THE CANADIAN PRESS

A young family

"I think Kate and William are going to be fantastic parents and Princess Diana's sitting right on that baby's shoulder."

Linda Whaley, an admirer of the Royal Family who celebrated at Toronto's Royal York hotel.

Prince Charles and Princess Diana take home a newborn Prince William in 1982. JOHN REDMAN/THE ASSOCIATED PRESS

Watch the throne

Interesting facts relating to Monday's birth of a boy to Prince William and his wife, Catherine:

- **Number of weeks Prince William receives for paternity leave:** 2
- **Number of names the baby is likely to have:** 4 (Princes Charles, William and Harry all have 3 middle names)
- **Number of generations of direct descendants to the throne currently living:** 4
- **Time of prince's birth:** 4:24 p.m., U.K. time
- **Prince's birth weight:** 8 pounds, 6 ounces
- **Number of direct descendants of the Queen:** 15 (4 children, 8 grandchildren, 3 great-grandchildren including the new baby)
- **Number of years since the last direct heir was born:** 31 (Prince William was born on June 21, 1982)
- **Number of royal baby-related bets the Ladbrokes betting agency accepted on the morning the prince was born:** 50,000

Residents light candles that form the words "Dingxi July 22" while holding up the characters "Gansu, Dingxi, Go on! Best wishes" during a candlelight vigil for victims of an earthquake that struck near the city of Dingxi in Gansu province. THE ASSOCIATED PRESS

Earthquake crumbles homes in rural China

At least 75 dead. City dwellers fare far better in solidly built homes

A strong earthquake that shook an arid, hilly farming area in northwest China sparked landslides and destroyed or damaged thousands of brick-and-mud homes on Monday, killing at least 75 people and injuring more than 400, the government said.

The quake near the city of Dingxi in Gansu province toppled walls and telephone lines, shattered houses and sent cascades of dirt and rock down hillsides, blocking roads and slowing rescue efforts by crews trying to reach remote areas.

Hospitals set up aid stations in parking lots to accommodate large numbers of injured, while hundreds of paramilitary People's Armed Police fanned out to search for victims in the farming region where the quake struck.

"I saw the bulb hanging from the ceiling start swinging wildly around. I woke my two friends and we ran into the bathroom to hide," said arts student Li Jingui, 21, who was on the fourth floor of a school dormitory in Dingxi.

Damage was worst in Min county in Dingxi's rural southern portion, where scores of homes were damaged, Dingxi Mayor Tang Xiaoming told state broadcaster CCTV. All but three of the deaths, all 14 missing and most of the injured were in Min, a likely result of shoddy construction.

Almost 2,000 homes were either destroyed or heavily damaged, with thousands more suffering partial damage, according to the Dingxi government website.

Residents said the shaking lasted about a minute, but wasn't strong enough to cause major damage in urban areas, where buildings are more solidly built.

Heavy rain is expected in the area later in the week, raising the need for shelter and increasing the chance of further landslides.

THE ASSOCIATED PRESS

Planet shudders

"You could see the chandeliers wobble and the windows vibrating... Shop assistants all poured out onto the streets."

A front desk clerk, surnamed Bao, at the Wuyang Hotel, about 40 km from the epicentre

The Texas Giant coaster in Arlington, Texas. LM OTERO/THE ASSOCIATED PRESS

Coaster death under investigation

Six Flags Entertainment Corp. is using "both internal and external experts" to investigate the roller-coaster accident that killed a woman at its Dallas-area amusement park, company president Jim Reid-Anderson said Monday.

Rosa Ayala-Goana was killed when she fell Friday from the Texas Giant roller coaster at Six Flags Over Texas in Arlington, a western suburb of Dallas. Witnesses told authorities that Ayala-Goana expressed concern moments before the 14-storey ride began that the safety bar had not completely engaged.

The Tarrant County medical examiner's office confirmed Monday that the 52-year-old Dallas resident was the victim in the accident, and that she suffered "multiple traumatic injuries" during the fall.

Anderson, also Six Flags' chairman and CEO, said the ride would remain closed until officials were certain it was safe to ride again. He also said they were providing support to the family "as best as we can."

THE ASSOCIATED PRESS

George Zimmerman. Man acquitted in killing aids in SUV rollover rescue

Officials say George Zimmerman helped rescue four people from an overturned vehicle last week, just days after he was cleared of all charges in the shooting death of Trayvon Martin.

Sheriff's spokeswoman Kim Cannaday said in a statement on Monday that deputies responding to the wreck found Zimmerman and another man had already helped the couple and their two children out of the flipped sports utility vehicle. The sheriff's office report says Zimmerman spoke with a deputy at the scene and then left.

Zimmerman had been charged with second-degree murder in the 17-year-old's death. His acquittal prompted rallies nationwide calling for a civil-rights probe.

George Zimmerman after the not guilty verdict. THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

Bodies found in trash bags. Man to be charged in murders of 3 women

A man will be charged with aggravated murder after three bodies wrapped in trash bags were found in suburban Cleveland, the mayor said Monday.

East Cleveland Mayor Gary Norton said a call to police led authorities to a home and a standoff with the man, who was eventually taken into custody. The mayor has said the suspect indicated he might have been influenced by the earlier case of a Cleveland serial killer convicted in the deaths of 11 women.

Norton announced Monday that 35-year-old Michael Madison will be charged with three counts of aggravated murder.

Police and volunteers scoured about 40 empty homes Sunday until their search was suspended, with no immediate plans to resume.

Identifying the bodies

Authorities said they had identified only one of the victims, Angela Deskins, believed to be 38 years old.

- The other two bodies were too badly decomposed to identify or indicate a cause of death.

The first body was found in a garage on Friday. Two others were found on Saturday — one in a backyard and the other in the basement of a vacant house. The bodies, all women, were found about 100 to 200 metres apart, and authorities say the victims were killed in the previous six to 10 days.

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Girl's legacy will transform child welfare: Foster mom

Phoenix Sinclair. Must find meaning in killing of five-year-old, woman tells inquiry

The woman who was called "nana-mom" by a Manitoba girl who was bounced in and out of foster care before she was murdered says the five-year-old's death cannot be in vain.

Kim Edwards, who looked after Phoenix Sinclair during part of her short life, told an inquiry that "her legacy will renew the child-welfare system."

All children are entitled to protection, but the same privilege shouldn't be given to the social workers who failed Phoenix, Edwards said in her final submission on Monday.

"Our Phoenix will create a safer and better life for many other vulnerable children," an emotional Edwards told Comm. Ted Hughes.

Hughes is examining how Phoenix slipped through the cracks and how her death went undiscovered for months.

Final submissions are scheduled to end next week. A report is expected by December.

Phoenix was killed by her mother, Samantha Kematch, and her stepfather, Karl McKay, after repeated and horrific abuse. Both were convicted of first-degree murder in 2008.

Enough

"The time for excuses must end with your report."

Kim Edwards, who temporarily looked after Phoenix Sinclair, at an inquiry.

The pair neglected, confined and beat Phoenix. She died of her injuries on the basement floor of the couple's home on the Fisher River reserve in 2005. Kematch continued to collect child-subsidy cheques.

Phoenix was taken by Child and Family Services at least twice but was always returned.

The commission's mandate is to determine the circumstances of Phoenix's death and to make recommendations for child welfare in Manitoba.

Trevor Ray, lawyer for the union representing social workers, argued staff didn't have a "crystal ball" and couldn't have foreseen the girl's death.

Child welfare is plagued by a lack of training, lack of resources, inadequate staffing and high caseloads, he said.

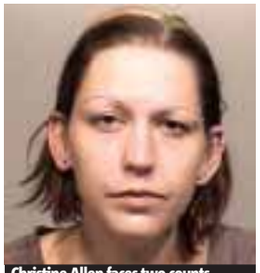
"Social workers try their best in very difficult circumstances.... No one would ever knowingly leave a child at risk," he said.

Jeff Gindin, who represents Edwards and Sinclair, said social workers didn't do enough to investigate McKay when he became involved with Kematch. A simple background check would have revealed a violent history, he said.

When authorities were told Phoenix might be subject to abuse, a social worker visited Kematch and left without going inside, let alone seeing if Phoenix was OK, Gindin pointed out. **THE CANADIAN PRESS**

"Our Phoenix will create a safer and better life for many other vulnerable children," foster caregiver Kim Edwards told an inquiry looking into the five-year-old's death. HANDOUT/THE CANADIAN PRESS

Daycare operator charged with poisoning kids



Christine Allen faces two counts each of aggravated assault and administering a noxious substance. HANDOUT/WATERLOO REGIONAL POLICE SERVICE

A 32-year-old Ontario woman who used to operate a home daycare is facing charges after police allege she poisoned two children.

Waterloo Regional Police allege the suspect gave the children an over-the-counter eye-care product that can cause abnormal drowsiness, low blood pressure, respiratory problems and decreased heart rates in young children.

The woman operated a home daycare in Kitchener from 2009 to 2011, and investigators are concerned there may be more alleged victims.

"The accused had access to children during the period in which she operated the informal daycare, so as a precaution for public safety we want to make the public aware that anyone who maybe subscribed to her services at some point and has had a child who has become sick with similar symptoms (should) give police a call," said Waterloo Regional Police spokesman Olaf Heinzel.

In March, the suspect was caring for a friend's child who was taken to hospital with "serious physical symptoms" such as breathing difficulties, drowsiness and a decreased heart rate, police said.

The child recovered but had to be taken back to hospital at a later date with similar symptoms.

Detectives discovered that another child who had been under the woman's care in July 2010 had similar symptoms, and recovered after a few days in hospital, police said.

Christine Allen, who also goes by Christine Keilbar, is charged with two counts each of aggravated assault and administering a noxious substance.

Allen was arrested over the weekend and ordered to remain in custody after a first court appearance. She is set to appear in court again on Wednesday in Kitchener.

Heinzel could not say if she has a lawyer yet. **THE CANADIAN PRESS**

Unknowns

Waterloo Regional Police spokesman Olaf Heinzel wouldn't name the specific eye-care product or say why they allege it was given to the children.

- **The daycare did not have a name, Heinzel said, and it's not known how many children Allen cared for during the three years it operated.**

Fort McMurray, Alta.

MLA mulls quitting after sex-trade sting

An Alberta politician charged in Minnesota with paying for prostitutes wants more time to decide whether he should keep his seat in the legislature.

Mike Allen was arrested last week in a police sting while on a government trip.

Allen, 51, told reporters at his constituency office in Fort McMurray on Monday that he wants to see if he can rebuild the trust of voters.

Local radio station CKYX conducted an informal online poll, and about 44 per cent said Allen should resign. But 47 per cent urged him to "stay on and continue to represent our region," "it's only soliciting a prostitute. Who cares?" and "prostitution should be legal anyway." **THE CANADIAN PRESS**

Baltimore, Md.

Judge OKs suit over accused cannibal

A lawsuit accusing a Maryland college of ignoring warning signs that a student from Kenya was violent will go forward after a judge refused Monday to dismiss it.

About a week after Alexander Kinyua attacked a visitor with a baseball bat last year, the Morgan State University student acknowledged to authorities that he killed a man staying with his family and ate the man's heart and parts of his brain.

The judge noted a great deal of bizarre behaviour over six months leading up to the beating, including Kinyua punching holes in the walls, an instructor's warning that he was a "Virginia Tech waiting to happen" and cryptic references to "blood sacrifice." **THE ASSOCIATED PRESS**

Kingston, Ont.

Police seek writers of anti-gay threats

Karen Dubinsky was shocked when she opened the mail and found letters laced with homophobic slurs that said her family was not welcome in the city and they should leave "before it is too late."

"I won't say that we're not afraid," said the Queen's University professor, who lives in Kingston, Ont., with her partner, Susan Belyea, and their 13-year-old son.

"We weren't going to take them up on their offer and leave town," she said, despite the threats of violence.

Spokesman Const. Steve Koopman said the police are taking the threats "very seriously" and that they believe the writers' claim of ties to Kingston police are "absolutely, unequivocally" untrue. **THE CANADIAN PRESS**

Gamers: From couch potatoes to athletes

Big business. E-sport players are now eligible for athlete visas in the U.S., playing in popular tournaments for games like League of Legends

LUKE SIMCOE
Metro Online

Like real athletes, gamers have rowdy fans cheering them on at championships — like this enthusiast seen at the 2012 League of Legends championships in Los Angeles. Electronic sport players are now eligible for athlete visas allowing them to work, travel and reside in the U.S. for up to five years. COURTESY/RIOT GAMES

Are video game players athletes? The U.S. government thinks so.

In what's being touted as a victory for competitive gaming, electronic sport players are now eligible for athlete visas allowing them to work, travel and reside in America for up to five years. The visas are the same as those given to foreign athletes in other major sports leagues, like the NBA and NHL.

The change comes at a time when e-sports in North America are transitioning from small-time hobby to big-time business.

"The ecosystem is growing by leaps and bounds," said Dustin Beck, vice president of e-sports at Riot Games. "We're seeing an average of nearly four million fans tuning in weekly for our European and North American broadcasts and we hit 18 million unique views for our all-star finals back in May."

Riot, the company behind the popular League of Legends game and its attendant League Championship Series, was instrumental in lobbying for the visa changes.

"For it to be legitimized in the eyes of the U.S. government is a huge milestone for the pros and the sport," Beck said.

Prior to the change, foreign gamers would often face delays at the border or be refused entry all-together, sending their teammates scrambling to find replacements.

"Getting a visa was a lengthy and frustrating process," said Edmonton's Danny Le, better known by his League of Legends handle, Shiphtur.

Le was forced to miss an important competition in Las Vegas in March. When the visa changes came into effect in May, he left university, packed his bags and headed to California to live and train with his fellow Team Coast players.

"Living in the U.S. in our gaming house was mandatory in order to compete at the highest level," he said.

The government's decision has sparked significant debate over whether gamers deserve to be called athletes. On sites like GameSpot and Reddit, some commenters are worried the move will undermine established athletes.

"Without a doubt I would consider e-sports players as athletes," Le said.

"We have to remain both physically and mentally fit. We do this by eating right, exercising daily and doing proper research to be ahead of the curve."

E-sports by the numbers

- There are about 400 million players of multiplayer online games worldwide.
- 120,000 people gathered in a South Korean stadium to watch the Starcraft championships in 2005.
- The League of Legends championship prize pool in 2012 was $5 million.
- More people watched this year's League of Legends all-star game than the Stanley Cup finals on NBC.

Nothing's free. More unpaid interns in Canada suing for back wages

Unpaid interns agree to work free in exchange for training and job prospects, but a growing number of them say employers aren't living up to their side of the bargain.

In recent months, former interns in the U.S. have won several high-profile lawsuits for back wages, spurring a growing backlash here in Canada.

Jainna Patel, 24, a math and statistics graduate from McMaster University, filed a federal labour complaint against Bell Mobility after spending five weeks in its Professional Management Program (PMP) in Mississauga, Ont.

In response, Human Resources Development Canada sent a letter to Bell, requesting it either pay Patel's back wages or contest the complaint she filed. The company had until July 9th to file its response.

A Bell spokesperson told Torstar News Service that their program is not only legal, but one of the best internships in the country.

In the year since Patel first filed her complaint she hasn't heard from Bell, but remains hopeful because interns across North America have been winning cases like hers.

Last month, two unpaid interns working on the Oscar-winning film Black Swan successfully sued Fox Searchlight pictures. A New York district judge ordered the film production company to pay back wages because the interns did the same work as regular employees, provided value to the company and performed low-level tasks that didn't require any specialized training. Fox is appealing the ruling.

Shortly after the decision, interns at Gawker, an American celebrity website, also filed a suit for unpaid wages.

Here in Canada, interns are also starting to file complaints.

In 2012, Kyle Iannuzzi was awarded almost $1,000 in back wages from Platinum Events Group in what he believes was the first successful complaint against a company for an unpaid internship in Ontario.

TORSTAR NEWS SERVICE

Jainna Patel is a former intern at Bell who put in a labour complaint for back wages last year. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Hackers gained access

Developers' info possibly accessed in Apple hacking

Apple says that hackers may have gained access to personal information of software developers who make the company's apps.

Apple Inc. says its website for software developers was hacked Thursday. It's possible that some developers' names, mailing or email addresses was accessed.

THE ASSOCIATED PRESS

For the sake of the kids

Want Internet porn? In U.K. you'll have to opt in

Internet service providers in Britain will be asked to automatically block access to pornography sites unless customers opt in, Prime Minister David Cameron announced Monday.

Cameron announced the move as part of measures to stop extreme sexual images he said were "corroding childhood."

THE ASSOCIATED PRESS

Set to debut Aug. 20

U.S. news vets to lead Al-Jazeera America launch

Al-Jazeera America said Monday it will bring in a quartet of veteran U.S. television news executives, led by ABC's Kate O'Brian as president, to run the new cable news network and pinpointed Aug. 20 as the launch date.

Qatar-based Al-Jazeera, formed in 1996, has expanded quickly around the world. THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.67¢ US (+0.21¢)

TSX 12,758.38 (+73.25)

OIL $106.94 US (-0.93¢)

GOLD $1,336 US (+$43.10)

Natural gas: $3.68 US (-0.11¢)
Dow Jones: 15,545.55 (+ 1.81)

Home insurance. Rates could rise as Canada hit by 'unprecedented' weather

Canadians could be paying more for home insurance as the toll of severe weather on personal property continues to climb, one of the country's largest insurance companies said Monday.

Intact Financial Corp. said it expects to book about $257 million in expenses stemming from the flooding in Alberta and Toronto and the deadly Lac-Mégantic train derailment in Quebec.

"The devastation brought on by recent flooding and torrential rain is unprecedented," Intact chief executive Charles Brindamour said in a statement.

"The scope of the damage and destruction ... is a stark reminder that we must adapt the protection offered to Canadians to ensure it remains sustainable in light of the greater prevalence and severity of weather events." THE CANADIAN PRESS

WHAT ARE YOU STARING AT?

SHE SAYS

Jessica Napier
metronews.ca

My friend and I have a code word that we use whenever we catch each other staring at someone for a prolonged period of time. It's a subtle way to notify one another that it's time to look away. This is more of a one-sided initiative, however, as I never let my gaze linger for more than a couple of seconds while she has a tendency to stare excessively.

She insists that she doesn't realize she's doing it — hence the need for a secret phrase to covertly remind her to stop being creepy — and she's certainly not the only person out there with a habitual staring problem.

As a daily public transit user, I know all about uncomfortable eye contact with strangers. It can be difficult to know where to look in a packed train or bus, which is why most of us use props — books, cellphones, perhaps even this very newspaper — in an effort to avoid gazing at fellow passengers.

Social norms dictate that non-stop staring should be avoided, and yet some people just can't help themselves. Whenever I catch someone looking at me I immediately feel two things: embarrassed (because I fear a stray piece of spinach must have wedged itself in between my teeth) and kind of irritated.

Staring, even if it is harmless or unintentional, has the tendency to make others feel self-conscious and objectified. Nobody wants to be eyed up and down by a stranger, but what is the appropriate response to this sort of behaviour? I've never had the audacity to react with, "Take a picture, it'll last longer," but I have thrown out a passive aggressive "Can I help you?" on a couple of occasions.

Then again, maybe this notion that everybody is constantly looking at each other is all in our heads.

Earlier this year, researchers at the University of Sydney published a study on the topic of gaze perception and discovered that humans have a tendency to presume other people are staring at them, even when they aren't. And no it's not because we're a bunch of paranoid narcissists — this expectancy is actually a defence mechanism.

In primates, a lengthy direct gaze is a sign of aggression. Researchers theorize that this hostile interpretation could explain why humans are hard-wired to assume that they are being looked at in order to anticipate potential threats. It might also explain why we have an innate ability to "feel" as though someone is watching us even if we can't see them directly.

So remember, if you do come across someone worth gawking at, there's a strong chance that they are going to know about it.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

How to dress for survival

SAMS

Wetsuits to trick sharks unveiled

Australian researchers have launched a set of anti-shark wetsuits, using new expertise on the predator's eyesight to evade an attack. Scientists from University of Western Australia and designers Shark Attack Mitigation Systems (SAMS) made two types of wetsuits to protect swimmers. **METRO**

Suit yourself

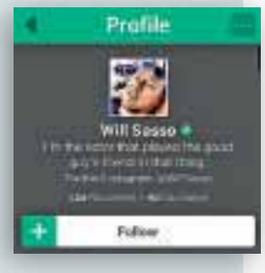
- **The Elude suit.** Designed for divers and snorkellers, the blue-and-white outfit uses "disruptive colouration" camouflage, which is difficult for a shark to see.
- **The Diverter suit.** Made for surfers, the bold black-and-white striped suit mimics the colours of poisonous fish as a deterrent or repellent to sharks.

Project proves to be successful

Testing using dummies off Australia's west coast saw tiger sharks ignoring SAMS suits but targeting black wetsuits. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca



A lot can happen in six seconds. If you're a comedian staring awkwardly into a silent audience, six seconds can feel like eternity — which is maybe why so many comedians turn to Vine to share their craft. If you've got six seconds to kill and are looking for a laugh, these comedians have your back.

Will Sasso

MadTV's Will Sasso's lemon-barfing vines have been making the rounds pretty much since Vine became a thing. But his gags aren't just lemons, as expected, there's no shortage of wrestling gags in his repertoire, too.

Reggie Watts

From personal thoughts to odd moments, the musical funnyman, recognizable for his giant hair, delivers his odd sense of humour like the weirdo, superstar he is.

Adam Goldberg

With an emphasis on the drink, Adam Goldberg's six-second vids are gold (usually in a glass, or after having drunk from a glass).

Letters

RE: Banning Chris Brown In Halifax: Would We Be Moral White Knights, Or Just Hypocrites? It's Complicated... published July 22

Last time I checked if you were a convicted criminal you were not welcome in Canada?

Plus, I don't think this punk has learned anything from beating his girlfriend at all, to listen to him he is the victim not her. Stay home Brown and join an anger management group.

mtwt posted to metronews.ca

Rodney Atkins, Axl Rose and Tommy Lee ... what do all three men have in common with Chris Brown? First off, I would like to say all three men have performed in Halifax, N.S.

Which is great for their fans, but if we were to compare them with Chris Brown: there is not much difference.

Rodney Atkins allegedly attempted to suffocate his wife with a pillow. Axl Rose has been accused of assault and sexual battery. Tommy Lee kicked Pamela Anderson while she was holding their son Dylan. He also beat a photographer at one point.

Before anyone judges Chris Brown, and thinks he shouldn't come, they should do their research on the others who have come here.

Melanie posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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DVD reviews

Trance

Director. Danny Boyle

Stars. James McAvoy, Vincent Cassel, Rosario Dawson

●●●○○

Genre-hopping British filmmaker Danny Boyle describes this serpentine psycho-thriller as personal therapy, a stress reliever he made while also directing last summer's Olympics opening ceremony. The stop-and-start nature of the production may account for the film's patchwork vibe. More difficult is the lack of feeling it summons for the three principal characters, played by James McAvoy, Rosario Dawson and Vincent Cassel. Trance begins as a heist picture, one in which Goya's fearsome masterpiece Witches in the Air sells for a cool $42 million in London, before vanishing under the watch of auction official Simon (McAvoy). Then the confusion really starts, as a hypnotherapist Elizabeth (Dawson) and crook (Cassel) get involved. The problem with Trance is that Boyle and his writers want to mess with more than just Simon's brain. The story becomes twisted and unreliable to the point of being downright silly, as motivations shift and finding the missing Goya starts to seem like the furthest thing from everybody's mind.

PETER HOWELL

Pieta

Director. Kim Ki-duk

Stars. Min-soo Jo, Jeong-jin Lee, Ki-Hong Woo

●●●●○

A mother's love for her child takes on brutal new meaning in this film by Kim Ki-duk, one that's as hard to watch as it is to forget. It boldly brings together the two sides of the South Korean auteur: the penchant for sadism from such earlier works as Bad Guy and The Isle, and the spiritual reflections of his master stroke, Spring, Summer, Fall, Winter ... and Spring. Themes of vengeance vs. forgiveness bleed into each other as the story becomes a meditation on life's meaning.

PETER HOWELL

Don't forget your costume!

Another year of Comic-Con is behind us, with fans and celebrities limping away from the San Diego Convention Center. Metro asked some of the celebrity attendees for Comic-Con survival advice.

Lily Collins

Star of The Mortal Instruments: "(Bring) a pair of flats, because running in (high heels) has been really difficult. Oh, and Band-aids. And bring your camera. I've been taking so many photos."

Dane DeHaan

Star of The Amazing Spider-Man 2: "From what I've seen in terms of being a fan coming here, it's a lot about patience, because those are some long-ass lines."

Jamie Campbell Bower

Star of The Mortal Instruments: "Lots of water. Stay hydrated because sometimes those costumes, oh boy. I mean, you don't want to be walking around looking like Chewbacca and not have water."

Bill Hader

Stars in Cloudy with a Chance of Meatballs 2: "Don't go (laughs). Know what you like. Have specific things that you like and just go to those. And then on the way to those you'll catch glimpses of other things."

Harris isn't afraid to carve her own path

Hatchet 3.
Horror heroine bucks Hollywood convention and is content with "just being me"

CHRIS ALEXANDER
scene@metronews.ca

From Halloween to Hatchet, Danielle Harris has horror covered. HANDOUT

Danielle Harris is really a machine disguised as a woman.

The whirling dervish of an actor began her professional journey as a child star in the '80s, starring in the back-to-back horror sequels Halloween 4 and 5 as a little girl running afoul of masked killer The Shape.

Thankfully she stepped away, grew up, and re-emerged as an intelligent, unaffected and level-headed blend of performer and savvy businesswoman and is now a major star in the horror underground and one of the most prolific people alive, averaging at least five pictures per annum and appearing at countless fan conventions.

Among her many credits this year — including Among Friends, her directorial debut — is the Adam Green-produced slice and dicer Hatchet 3, opening on Wednesday as part of the Raven Banner/Cineplex theatrical horror series Sinister Cinema.

In it Harris plays Marybeth, a tough heroine who crosses paths with deformed killer Victor Crowley (Kane Hodder). It's a role she took over from the first film's Tamara Feldman, but as she explains, she had no trouble making the character her own.

"When I was cast as Marybeth in Hatchet 2, I wasn't worried at all," Harris says.

"In the first film she was weaker but I had the chance to make her more assertive and more of an adversary to Victor. And really, I have a 'get out of jail free card' with the fans. They seem to embrace me in whatever film I'm in, so there was no pressure at all."

Harris is right; she is most certainly a fan favourite — a beautiful, talented and tenacious artist whose frantic schedule would crush a lesser person. And yet she seems to find balance and is still having a blast navigating Hollywood and carving her own niche.

"I don't have an agent. I don't need one anymore. And I don't need to audition anymore. I can't stand auditioning. By now, people know who I am and what I can do. And although people do recognize me now, I have no desire to ever be on the cover of Us Weekly or be pushed into that world. I'm happy doing my work, acting and directing and running around in my baseball hat, just being me."

If you go...

Hatchet 3 will screen at Cineplex theatres across Canada on Wednesday.

SCENE

Selena Gomez ALL PHOTOS GETTY IMAGES

Single Selena learned lessons of love in the limelight

Selena Gomez, who turned 21 Monday, confirms in an interview with Ryan Seacrest for an E! special that she and Justin Bieber are not together — at the moment — but that the in-the-spotlight relationship taught her a number of things. "I learned a lot. I learned that I should definitely keep it way more private next time," she says, adding that "honesty" is the main thing she looks for in a man. "Egos turn me off, big time. I mean, it's hard to just date in this industry, it really is, because it doesn't have to be anything serious, it can just be something fun — and it should be because I'm young — but you can't really help the people that you meet or that you fall in love with or that you want to date."

Kanye West

Does whiny West deserve a Swift kick in the pants?

It looks like Kanye West's infamous interruption of Taylor Swift during the 2009 MTV Video Music Awards is going to continue to haunt him — especially with the surfacing of a recording secretly made while West ranted during a post-show dinner, according to Gawker. "I'm pushing the envelope! I wrote my f—ing Run This Town verse for a f—ing month! When I heard Eminem's verse on the Drake s—, I went back and rewrote my s— for two days. I cancelled appointments to rewrite! I f—ing care," West reportedly gripes on the recording. "Because I did that, Taylor Swift cannot win over Beyoncé! Because I wrote my verse in two days, Taylor Swift cannot beat Beyoncé. As long as I'm alive! And if I'm alive, kill me then! Kill me then! As long as I'm alive, you gon' have to deal with it. Because there ain't going to be no more motherf—ing Elvises with no James Brown."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hungry, hungry Harry: Disappearing Daniel worries weight-watching fans

THE WORD
Dorothy Robinson
scene@metronews.ca

Daniel Radcliffe's recent gaunt, exhausted appearance has fans worried, but his rep insists it's all work-related, telling Yahoo's omg! that Radcliffe's current stint in The Cripple of Inishmaan on stage in London "is a very demanding role, physically."

But the toll the show, and the summer weather, have been taking on the Harry Potter star haven't stopped him from tending to his fans.

"At every night's performance there is a large crowd at the stage door, and he takes the time to sign autographs and pose for pictures at length," his rep adds, "regardless of the extreme London heat wave."

You know, if this were any other star, I'd say something like: "The heat wave here isn't getting me into a size six, what is going on with Daniel (cough, drugs, cough)?" But it's Daniel Radcliffe! No way! He's just going to look sickly and we will accept the reason his publicist gives us.

And this, my friends, has never happened before in this column. Is the birth of the Royal Baby making me mushy toward all things British?

Kelly Rowland

Row, row, Rowland your boat, not so gently down the stream

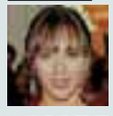
Kelly Rowland's fun day-trip whale-watching off the coast of Provincetown, Mass., turned into quite the ordeal when the singer and her party ended up lost at sea for 12 hours before being rescued by the Coast Guard, according to CBS News. The captain of the private vessel reportedly became "disoriented in the five-to-six-foot waves and fog that had rolled in," a source says. The boat was located by the Coast Guard and was being escorted back when it broke down and had to be towed the remaining four miles to shore. An employee of the towboat company says the passengers were "tired and thankful" and "just wanted to get off the boat."

Billy Ray Cyrus

Billy Ray and his belle resolve to heal their achy breaky hearts

Billy Ray Cyrus and his wife, Tish, are calling off their divorce, a source close to the couple confirms to E! News. "I spoke to Tish and she told me they both woke up and realized they love each other and decided they want to stay together," the source says. "They went into (couples) therapy with the goal of divorcing in a way that was healthy for the children but ended up coming out of it with the realization that they in fact want to stay together. Tish sounds happy and energized about having this fresh start."

Twitter



@iamrashidajones
Today may be a good day to announce my new EDM DJ name: Royal Baby Labour

@oliviawilde
Dudes just walked by my pooch and me on the street and said "now that's a gay dog". NYC compliments do not get better than this.

@MarkDuplass
Every time you google yourself, a tiny piece of your soul dies in a fiery car crash.

Best Health

Staying hydrated in summer — continued

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the Summer issue of Best Health we feature an article by one of our columnists, registered dietitian Sue Mah. She talks about the importance of getting enough fluids, especially in the hot summer months when we sweat more. But, as we talked about last week, not all drinks are created equal.

Healthy choices
In addition to water, coconut water and vitamin-enhanced waters, here are some choices:

Lower-fat milk
It has lots of essential nutrients. One cup of one per cent milk has calcium, vitamin D, magnesium and phosphorus.

Powder of liquid flavour enhancers
If you find plain water boring, products like Crystal Light and MiO boost flavour while adding few or no calories. They're made with artificial sweeteners approved by Health Canada.

Vegetable juice
These typically have one full serving of veggies, and fewer calories than fruit juice. Choose the low-sodium variety.

Not-so-healthy choices
In addition to regular pop, fruit juice and iced-coffee drinks, here are some you might want to limit:

Sports drinks
A bottle of a sports drink like Gatorade contains 150 calories and 35 grams of sugar. It also has 270 mg of sodium. Try one of the calorie-reduced versions.

Energy drinks
Caffeine and sugar are the main ingredients. One can has 27 grams of sugar. And these should never be mixed with alcohol, as it can cause irregular heartbeat and other side effects.

TO CLAIM YOUR FREE COPY OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

The bitter truth about sweeteners

Debate. Have a sweet tooth but don't know what's best (or worse): fake sugar or real? Here's the lowdown on the popular sweeteners

MICHELLE CASTILLO
life@metronews.ca

Get to know what you're putting in your body. ISTOCK PHOTOS

Want to know what sweeteners are good for you? Metro breaks down the benefits and drawbacks of the most common kinds.

Sugar

Natural, yes, but "added sugars" (which also include simple sugars like honey and brown sugar) was recently put on the American Heart Association's (AHA) black list of items that were detrimental to heart health.

The AHA said that the average American eats 22 teaspoons of added sugar a day, about 355 empty calories. They recommend 100 sugar calories for women (25 grams, or six teaspoons) and 150 calories for men (37 grams, or nine teaspoons) daily.

"The best rule of thumb is to start with an unsweetened food and add just a touch of sweetener yourself," nutritionist Dr. Janet Brill explains. "For example, try unsweetened iced tea or plain, non-fat yogurt and add in a touch of your sweetener of choice."

Aspartame

One way to avoid added sugars is to use an artificial sweetener. Aspartame is made up of methanol, phenylalanine and aspartic acid, and is 200 times sweeter than sugar, says Brill. Brand names of the product include Nutrasweet and Equal. As an added bonus, it is calorie-free.

While the U.S. Food and Drug Administration and the European Food Safety Authority have said it is safe for human consumption, some research has cast doubt on its long-term safety. Two Italian studies have shown that very high doses of aspartame might increase the chance of developing blood-related cancers like leukemia and lymphoma in rats. No studies have linked higher rates of human cancer to aspartame use.

I know a fake when I eat it

"Your body cannot metabolize fake sugars. There has been many other health and digestive challenges reported with these fake sugars."

Mark Macdonald
Celebrity nutritionist

Malitol and sorbitol

These artificial sweeteners are sugar alcohols. They are not completely absorbed in the body, which means that the body takes in less calories than when you consume regular sugar, Brill explains.

However, they can cause several gastrointestinal side effects.

"Most 'sugar free' or 'diet' foods are made with one of these sweeteners, which is exactly why when you eat those foods you are more gassy and bloated," says celebrity nutritionist Mark Macdonald, author of New York Times-best-seller Body Confidence. "Your body cannot metabolize fake sugars. There has been many other health and digestive challenges reported with these fake sugars, so you are always better to use the healthy sweeteners to sweeten up your food."

Agave nectar

Agave nectar is a natural sweetener made from the same plant that they use to make tequila. It ranks low on the glycemic index, which means it does not raise blood sugar levels rapidly.

However, this may be due to the fact it is hard for the body to process because it is a form of fructose, chemically similar to high fructose corn syrup.

Though it contains some additional minerals, it is in too low quantities to make a significant difference.

Stevia

Stevia is a natural sweetener made from a South American plant that has been used for hundreds of years.

"Stevia is the healthiest low cal sweetener on the market, so that is what I recommend most," Macdonald pointed out.

However, recent research shows that stevia may not lower blood sugar levels and could negatively affect blood sugar control in diabetics.

Also there is not much research completed on pregnant women who use stevia, so some doctors suggest avoiding using the product if in that situation.

People allergic to the Asteraceae/Compositae family of plants (which includes ragweed, chrysanthemums, marigolds and daisies) may have a reaction to it.

Rocky Mountain Cheesecake: the scenic route for taste buds

These individual party-in-your-mouth Rocky Mountain Cheesecakes are perfect when you want a controlled portion of dessert. The water bath keeps the cheesecakes smooth and silky tasting.

1. Preheat the oven to 350 F. Line a 12-cup muffin tin with paper liners.

2. Combine the ricotta, cream cheese, sour cream, egg, sugar, cocoa and flour in a food processor. Purée until smooth. Divide the mixture among the prepared muffin cups.

3. Set the muffin tin in a larger pan. Pour enough hot water into the pan to come halfway up the sides of the muffin cups.

4. Bake in centre of oven 20 minutes. Remove and sprinkle marshmallows and chocolate chips evenly over the cheesecakes. Return to the oven and bake for 5 minutes longer, or until the marshmallows and chocolate chips begin to melt.

5. Remove the muffin tin from the water bath and cool on a rack. Chill well before removing the paper liners and serving. **ROSE REISMAN**

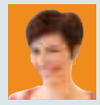
Ingredients

- 1 3/4 cups smooth ricotta
- 1/2 cup light cream cheese, softened
- 1/2 cup low-fat sour cream
- 1 egg
- 3/4 cup granulated sugar
- 3 tbsp unsweetened cocoa powder
- 1 1/2 tbsp all-purpose flour
- 1/3 cup miniature marshmallows
- 3 tbsp mini semi-sweet chocolate chips

This recipe serves 12. ROSE REISMAN

Health Solutions

Melt in your mouth sweets



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

There is nothing like a great dessert to end a perfect meal ... but, what happens in the summer?

Baking just isn't in the cards for many people.

Frozen desserts are your perfect solution and granita is way easier than ice cream.

The bonus is that you can use just about any fruit that may be a little too ripe to enjoy and impress guests.

Only you will know that all you needed was a metal cake pan and a fork.

The trick with granita is to make sure you're breaking up the ice as it freezes.

- 1 cup of simple syrup (Note: To make "simple syrup" boil 1 cup of water and 2 cups of sugar until dissolved. Let cool.)
- 1 cup of puréed fruit

1. In a blender, whiz together simple syrup and any ripe fruit.

2. Pour into a metal pan and freeze. Scrape crystals as they form every hour or two.

3. Serve in individual champagne or martini glasses as a treat, dessert or palate cleanser at a summer barbecue.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dessert. Frozen Chocolate-Dipped Peanut Butter Banana Bites

1. Melt chocolate in top of double boiler or in microwave, then stir in peanut butter.

2. Place peanuts in a wide, shallow dish. Roll 3 to 4 pieces of banana in the melted chocolate and peanut butter mixture, and stir to coat.

3. Remove bananas using a fork and place in the dish containing peanuts. Roll chocolate-covered bananas in peanuts and coat as best as you can. Once well coated, place bananas on baking sheet lined with waxed paper.

4. Repeat with remaining bananas, re-melting the chocolate mixture if needed. Once complete, place in freezer.

5. Once frozen, store in freezer bag or airtight container. Thaw for 8 to 10 minutes before eating, to ensure banana bites are frozen, but not rock hard. **NEWS CANADA/ PEANUTBUREAU.CA**

Ingredients

- 4 oz (115 g) bittersweet or milk chocolate, chopped
- 1 tbsp (15 m) peanut butter
- 1 cup (250 ml) peanuts, finely chopped
- 2 large bananas, cut into 1 1/2-inch (4-cm) pieces

Buttermilk Cake: Where your sweet tooth meets the grill

Wow your guests with this impressive Grilled Peach Trifle With Lemon Buttermilk Cake.

1. Cake: Heat oven to 160 C (325 F). Butter 25-cm (10-inch) non-stick springform pan; line bottom with parchment paper.

2. In bowl, using an electric mixer on medium speed, beat together sugar, butter and vanilla until creamy and smooth. Beat in eggs, 1 at a time.

3. Into bowl, sift flour, baking soda, baking powder and salt.

4. Reduce mixer speed to low. Slowly add flour mix to sugar mix, alternating with buttermilk, until well mixed. Add lemon zest and juice; mix well. Spread into prepared pan; smooth top.

5. Bake 40 mins. until tester inserted in centre comes out clean. Let cool in pan on rack 10 minutes. Carefully remove and let cool on rack completely.

6. Syrup: In saucepan, combine raspberries, sugar, water and juice; bring to simmer on high heat, stirring frequently. Reduce heat to medium and simmer for 5 mins. or until raspberries completely break down. Strain through fine-meshed sieve, pressing on berries to extract juice. Discard seeds and refrigerate syrup to cool.

7. Peaches: Heat grill to medium-high. Place peaches cut-side down on greased grill; grill, with lid down, 4 mins. Turn peaches over and grill for 2 mins. Let cool to room temp.

8. Cream: In chilled bowl, whip cream, icing sugar and almond and vanilla extracts until stiff peaks form.

9. To assemble: On a serving platter, place cake. Cut wafer-thin horizontal slice off the top of the cake. Drizzle with 175 ml (3/4 cup) of raspberry syrup. Spread almond cream to edges. Place grilled peach halves on top. Drizzle with remaining raspberry syrup and sprinkle with almonds. Serve. **THE CANADIAN PRESS/CHEF MICHAEL ALLEMEIER OF CALGARY FOR ANYDAYMAGIC.CA.**

This recipe serves 8 to 12. THE CANADIAN PRESS H/O

Ingredients

Lemon buttermilk cake
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) butter, room temperature
- 5 ml (1 tsp) vanilla extract
- 2 eggs
- 375 ml (1 1/2 cups) flour
- 1 ml (1/4 tsp) each baking soda, baking powder and salt
- 90 ml (6 tbsp) buttermilk
- 1 lemon, zest finely grated and juiced (about 45 ml/3 tbsp)

Raspberry syrup
- 500 ml (2 cups) raspberries
- 125 ml (1/2 cup) each granulated sugar and water
- 5 ml (1 tsp) lemon juice

Almond whipped cream
- 375 ml (1 1/2 cups) 35 per cent whipping cream
- 50 ml (1/4 cup) icing sugar
- 3 ml (3/4 tsp) almond extract
- 2 ml (1/2 tsp) vanilla extract
- 4 to 6 freestone peaches, cut in half and pitted
- 75 ml (1/3 cup) toasted sliced almonds, for garnish

Male survey results are in: pre-stalking prospective partners all the rage

Askmen.com recently announced the results of its Great Male Survey conducted in Canada, the United States, Australia and the United Kingdom.

The survey covered a number of topics, including dating and sex; health; politics; entertainment; fashion; career/business; and technology.

Here is a look at some of the Canadian dating and sex results from the survey.

• 36 per cent believe a sense of loyalty is the most important trait for deciding if a woman is "relationship material".

• 74 per cent would not cheat on their partner, even if there was no chance of them finding out.

• 68 per cent of respondents would lie to their partner to avoid an argument.

Manly man

Thirty-eight per cent of respondents believe Vladimir Putin is the manliest political figure (over Barack Obama, Bill Clinton, Paul Ryan and Kim Jong-un).

• 52 per cent of respondents would dump their partner if they gained a significant amount of weight.

• If they could change one thing, 23 per cent of respondents would change their partner's nagging.

• 37 per cent of respondents believe women start losing their looks at 40 years of age.

• 76 per cent would pre-stalk a prospective partner.

• 84 per cent of respondents answered no when asked if they've ever said, "I love you" just for sex.

• 71 per cent of respondents fantasize about a partner's friend.

• 53 per cent of respondents have never been tested for STDs.

FOR MORE RESULTS, CHECK OUT ASKMEN.COM. METRO

Dinner party etiquette

It is never OK to leave your cellphone on the dinner table. ISTOCK IMAGES

Hold the phone!

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Conundrum

You are going out to an important formal dinner at your boss's home. Your four-year-old child is home sick with a temperature and has a babysitter.

Is it reasonable for you to keep your cellphone on the dinner table to take any texts or calls that may come in from the babysitter, even if the babysitter is a mom herself who has babysat for you many times before?

Answer

It is never OK to leave your cellphone on the dinner table. Firstly if you are worried that your child is that sick, than perhaps it might be better to stay home and take care of him yourself.

Secondly, if you must go out and anticipate a call, first inform your hostess in private of the situation, secondly keep your cellphone on vibrate and in your pocket or lap. In the event that it does ring, excuse yourself from the table (don't explain why, just a simple "excuse me") and leave the dinning room before taking the call. If the situation is serious, then return to the dinning room and politely whisper into the hostess's ear that you must excuse yourself and return home at once.

Remember to send a note of apology the following day, and include how your child is doing.

Making a case to keep a cash stash

YOUR MONEY
Alison Griffiths
money@metronews.ca

I love cash. When bad things happen — lost wallet, power outage and credit or debit card terminal woes — a secret cash stash rules.

Here's a case in point. My youngest daughter had a fraudulent charge on her credit card. She caught it and got a new card. However, she now appears to be on a high-risk watch list and any "odd" transaction triggers a block. On a recent trip to the U.S. her card was declined while trying to fill up her car to drive back to Canada.

Luckily, she occasionally listens to her mom and had an emergency $100 stashed in her car.

At home and everywhere you go some cash should be available. And I don't mean through ATM machines. They can run out of bills, break down or be felled by a power outage as happened during the recent floods in Alberta and Greater Toronto.

At home, I recommend singles have around $200 cash while families should aim for at least $100 per person. Yes, someone could break in and find the dough under your mattress. But the risk is small compared to the inconvenience of being stuck without money in an emergency.

During holidays or business trips, you should have sufficient funds available for at least one night at a hotel plus meals. Sure, there are emergency replacement services available, but you can't always contact the credit card company and a couple of days might pass before the replacement arrives.

During Hurricane Sandy friends were forced to stay an extra three days in Virginia with no cellphone service and the single ATM at the local one-horse town was on the fritz. Fortunately, they had $500 cash and were comfortably able to wait out the storm. Kids also need to be made aware of the emergency cash. A note and receipt for any money used is a good plan.

Granted, a stash can be tempting.

When my oldest daughter was in high school she cleaned out the teapot and bought pizza, movies and taxi rides for a bunch of friends. She paid it back, with interest, and never went near it again — except for real emergencies.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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Silver sky-lining in Spain

Roseline Filion, left, and Meaghan Benfeito, of Canada, perform a dive during the 10-metre platform final at the FINA world championships on Monday in Barcelona. The pair finished with 331.41 points to take silver behind China's Chen Ruolin and Liu Huixia, who accumulated an unassailable 356.38 points. Malaysia's Pandelela Rinong and Mun Yee Leong were 0.27 points behind Montreal's Benfeito and Laval, Que., native Filion to claim bronze. MICHAEL SOHN/THE ASSOCIATED PRESS

Braun bites the bullet

MLB. Brewers star accepts penalty for violating baseball's drug program

Former National League MVP Ryan Braun was suspended without pay for the rest of the season and the post-season Monday in the first penalty following Major League Baseball's investigation of the Florida clinic accused of distributing performance-enhancing drugs.

Braun accepted the penalty.

"I am not perfect. I realize now that I have made some mistakes. I am willing to accept the consequences of those actions," he said in a statement.

Costly 'mistakes'

$3M

Ryan Braun will miss the Brewers' final 65 games, costing him about $3 million of his $8.5 million salary.

MLB attempted to suspend Braun for a positive drug test after the 2011 season, but an arbitrator overturned the penalty because the star's urine sample was not handled as specified by baseball's drug agreement.

Braun, Yankees star Alex Rodriguez and more than a dozen players were targeted by MLB following a report by Miami New Times in January that they had been connected with Biogenesis of America, a now-closed anti-aging clinic.

Commissioner Bud Selig announced the penalty, citing Braun for multiple unspecified "violations" of baseball's drug program and labour contract.

"We commend Ryan Braun for taking responsibility for his past actions," said Rob Manfred, MLB's executive vice-president for economics and league affairs. "We all agree that it is in the best interests of the game to resolve this matter. When Ryan returns, we look forward to him making positive contributions to Major League Baseball, both on and off the field."

THE ASSOCIATED PRESS

Ryan Braun, the 2011 NL MVP, won't appeal his ban for violating MLB's drug program. GETTY IMAGES

MLB

Cubs ship Garza to Arlington

The Texas Rangers finally have Matt Garza in their starting rotation.

Texas acquired Garza from the Chicago Cubs in a trade completed Monday, just more than a week before the July 31 non-waiver trading deadline and several days after it initially appeared the two teams had a deal done.

The 29-year-old right-hander will provide a boost to a Rangers starting rotation plagued by injuries.

THE ASSOCIATED PRESS

Matt Garza has been traded from the struggling Cubs in the NL to the contending Rangers in the AL. GETTY IMAGES

Shuttlecock fight

Thai pair prove bad boys play badminton, too

A fight broke out between two former doubles partners from Thailand at the Canada Open over the weekend in Vancouver, prompting the Badminton World Federation to launch an investigation.

During a change of ends Sunday in the doubles final, Bodin Issara lunged at Maneepong Jongjit, chasing him onto a neighbouring court before punching him several times.

Issara was dragged away and held down by coaches and tournament staff, while his partner, Pakkawat Vilailak, escorted a shirtless Jongjit off the court.

THE ASSOCIATED PRESS

Olympics. Speed a priority for 'Stevie Y' on larger Sochi ice surfaces

Sidney Crosby will try to lead Canada to a second straight Olympic gold next March in Sochi, Russia. GETTY IMAGES FILE

Sidney Crosby and Jonathan Toews lead a list of 47 players invited to a summer orientation camp for the Canadian men's Olympic hockey team.

The camp in Calgary runs from Aug. 25 to 28 and will begin the process of selecting the 25 players who will play for Canada at the 2014 Winter Games in Sochi, Russia.

Crosby and Toews are among 15 invitees who helped Canada win gold at the 2010 Games in Vancouver. The others are goalie Roberto Luongo, defencemen Dan Boyle, Drew Doughty, Duncan Keith, Brent Seabrook and Shea Weber, and forwards Patrice Bergeron, Corey Perry, Ryan Getzlaf, Rick Nash, Mike Richards, Eric Staal and Joe Thornton.

Pushing forward

"Some of these younger players are forcing their way into the lineup." Team Canada executive director Steve Yzerman. Newcomers on the orientation camp list include defencemen Alex Pietrangelo and P.K. Subban and forwards Steven Stamkos, John Tavares, Claude Giroux and Brad Marchand.

Team executive director Steve Yzerman said being mobile on the larger international ice surface in Sochi will be key.

"Ultimately, we'll pick the best players available to us, but playing on a bigger ice surface, I believe there is a priority on being able to skate," Yzerman said on a conference call. "That will weigh into our final decisions on putting this team together."

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You have sacrificed a lot of late and no doubt feel you are entitled to something in return — and you're right. Decide what you want then reach out and take it.

♉ Taurus
April 21 - May 21
The conditions you find yourself in are largely of your own making. If you want to change things, the effort must come from you. Loved ones will help but only if you ask.

♊ Gemini
May 22 - June 21
The Sun's change of signs means you would like nothing better than to forget about serious things and have fun. So why don't you? Life is too short to waste even one day doing what you don't enjoy.

♋ Cancer
June 22 - July 23
You have something important to deal with and although the Sun has moved out of your sign, Mars and Jupiter will give you all the energy and enthusiasm you need to sort it out.

♌ Leo
July 24 - Aug. 23
As the Sun begins its transit of your birth sign, you can afford to be more adventurous. By all means, weigh up the pros and cons but don't let fear or other people's disapproval hold you back. Go for it.

♍ Virgo
Aug. 24 - Sept. 23
You may have to put others' needs ahead of your own but if you stand back and see the bigger picture, you'll realize you are helping yourself as well. Everyone benefits.

♎ Libra
Sept. 24 - Oct. 23
If you have made a mistake then admit it. It's really no big deal. Everyone does something silly once in a while, so make light of it and then move on.

♏ Scorpio
Oct. 24 - Nov. 22
The next few days will be productive, especially on the work front where you will find favour with important people. The most important thing is that you have a clear mental image of your long-term goal.

♐ Sagittarius
Nov. 23 - Dec. 21
If someone has displeased you then you must let them know. You may be forgiving by nature but if you let them get away with it, they may think they can do it again.

♑ Capricorn
Dec. 22 - Jan. 20
Don't waste time on people who refuse to play by the rules. Either come down on them hard or cut them out altogether. It doesn't matter which approach you choose as long as you mean it.

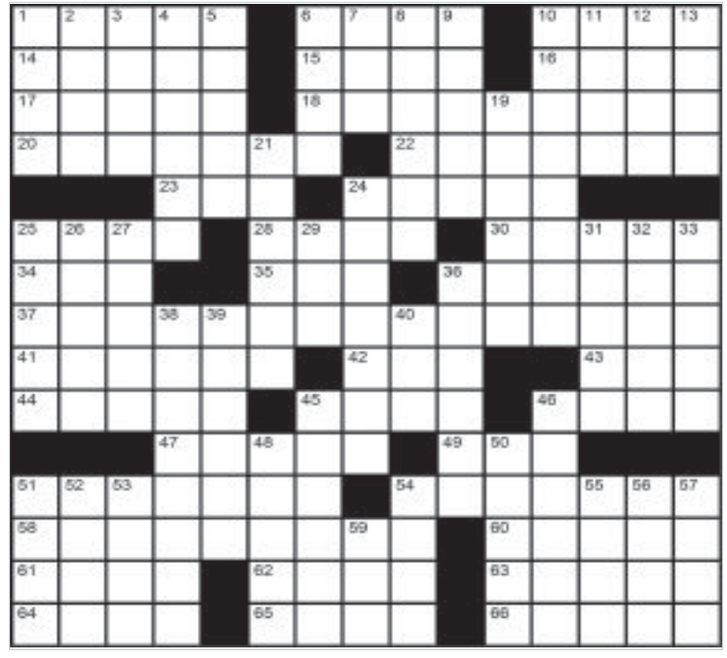
♒ Aquarius
Jan. 21 - Feb. 19
A dispute will disturb your peace of mind today and you must deal with it before it gets out of hand. This is a great time for affairs of the heart. Don't let anything spoil it.

♓ Pisces
Feb. 20 - March 20
If you push yourself harder than usual today, you will get more done. But don't risk hurting yourself physically. Nothing is more important than your wellbeing, not even success. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

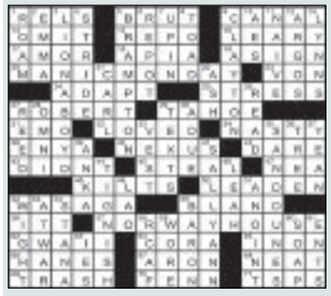
BY KELLY ANN BUCHANAN



Across
1. "La __ Nikita"
6. Suzanne Vega song
10. Fashion designer, L'__ Scott
14. Manner of speaking
15. "Up and __ '__!" (Rise and shine!)
16. Digger's creation
17. Italian luxury brand
18. Locale of Acadia University in Nova Scotia
20. Juno-winning Hamilton band
22. Quickly fried
23. __ bread
24. Country music's Mr. Haggard
25. Mend the mitten
28. "Or so __ say." (Apparently)
30. Run after
34. Veggie of Japan
35. Canuck band, __ 41
36. Prison guard in ye olden times
37. The Potato Eaters, for one: 3 wds.
41.Brendan Fraser comedy, "__ Man" (1992)
42. Selfish sort
43. Dove's sound
44. diy Network implements
45. Boxing locale
46. Mr. Frobe who played the title role in James Bond movie "Goldfinger" (1964)
47. Shoe's strings
49. Worcestershire sauce brand, __ & Perrins
51. Stars: French
54. BC city
58. "Lovers in a __ Time" by Bruce Cockburn
60. Loathing
61. Prefix to 'gon' (Eight-sided shape)
62. Ms. Bombeck
63. Al __ (Pasta-cooking consistency)
64. NASA target in 1969
65. 'Trick' suffix
66. Door sign

Down
1. Soccer org.
2. Broadway star Linda
3. Weasel relative
4. New
5. 19th-century poet Ms. Dickinson
6. Rules
7. __-Aztecan languages
8. Actor Mr. Grammer
9. Intl. AIDS research foundation
10. Red Rider song: 2 wds.
11. Auditioner's hope
12. French pronoun
13. Require
19. Alberta town Trekkies love
21. The Cars hit: 2 wds.
24. City of ancient Egypt
25. Comforter
26. A Bell for __ (John Hersey Pulitzer-winning novel)
27. Gadgets brand in vintage TV ads
29. "Er, what's that?"
31. Set-in-a-diner TV series
32. Mister: Spanish
33. Grain fungus
36. Little laugh
38. Island-dwelling TV guy
39. Store items, at times: 2 wds.
40. Get an '_' __ (Score better than B+)
45. Ritzy retreat
46. Do yard work
48. Roman goddess of agriculture
50. Wear away
51. Ancient Dead Sea land
52. Restaurant chain, __ Bell
53. Particular preposition
54. Bolshevik-opposed ruler
55. The Turtles tune: "It __ Me Babe"
56. Adorable
57. 'E' in EMT, for short
59. Apricot-like Japanese fruit

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	9	5	7	3	1	4	8	6
1	3	4	8	6	5	9	7	2
8	7	6	4	9	2	1	5	3
3	5	8	9	4	7	6	2	1
7	6	1	2	8	3	5	9	4
4	2	9	5	1	6	7	3	8
6	8	2	1	5	9	3	4	7
5	1	7	3	2	4	8	6	9
9	4	3	6	7	8	2	1	5

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